

20 STANDARDS & PRACTICES

clarity · focus · confidence · acceptance

As a member of No Limits Nation, I agree to live to the following commitment, standards, and practices...

- 1.** I will find my passion and what I am really excited about in my life. I will always move in that direction.
- 2.** I will be clear on what I want my life to look like in every area, and to remain focused on what that picture looks like every day.
- 3.** I will spend time every morning and each night before I go to sleep thinking about my good qualities and strengths. When I see myself, I see what is good about me. If I notice something I would like to change, I focus on the way I would like to see it and move in that direction. I never focus on what's wrong.
- 4.** I will be confident in all areas but, not arrogant. I will be humble and committed to learning, growth and constant improvement but to also love and appreciate myself for all of my great qualities.
- 5.** I will spend time each morning, thinking about everything I have in my life for which I am grateful. I promise myself that I will really feel gratitude many times each day.
- 6.** I will focus on all of the good qualities of those people important to me in my life, I will constantly think of their good traits, not on what's wrong or what they might do to upset me.
- 7.** I will do at least one kind gesture each day, for a stranger, without any expectation of something in return.

I will practice a diet for my mind consistently allowing in things that empower me and make me feel good. I have a strong mental filter as I have a choice on what I let into my thoughts on a daily basis. I will not bring in to my mind anything that doesn't serve me or the person I want to be. I am not concerned with the negative images I see in TV, the internet or in the media. I am not interested in having conversations of negativity and gossip. I have a strong filter and I am focused on the solutions in life, not the problems.
- 8.** I will ACT, not REACT. I will never react negatively to anything that someone does to me because I will always decide to act in accordance with the person I choose to be and the life I choose to live.
- 9.** I understand that I control my emotions and if I hold on to toxic emotions like anger, hatred, resentment and envy, it is only toxic to me so I release them and choose emotions that serve me. I always hold the power to forgive and I will practice that power often.
- 10.** I fill my mind each day with thoughts and images that make me happy and inspired.
- 11.** I read and review my goals each day and agree to do at least one action every day that moves me in the direction of my goals.
- 12.** I will live my life through my own eyes because I know who I am and where I am going. I will accept advice when needed but I will not listen to outside opinions or negative comments from anyone about what I am capable of achieving or doing in my life. I set high standards for myself and hold myself accountable. I can be anything I want and can accomplish anything I set my mind to in life and I will never give up.
- 13.** I refuse to be branded with limitations in my life of what I can accomplish or what is expected of me. I will make sure the personal stories and beliefs I hold of myself are of empowerment and success.
- 14.** I will not live with thoughts of fear in my life...fear of failure, fear of illness or fear of injury. Instead I will focus on health, safety, success and happiness.
- 15.** I will handle challenges when they come my way with patience, calm, understanding and perseverance. I don't blame others for my challenges or failures in life, I take full responsibility for myself, my experiences and my life along with forgiving myself for my failures.
- 16.** I don't judge every occurrence as good or bad because I know that every occurrence is bringing me exactly to where I want to go.
- 17.** When faced with a tough decision or a challenge in my life, I will always ask, 'how would love handle this?' Then I will move in that direction of that answer.
- 18.** I promise to my loved ones what it means to live a life of purpose and to inspire confidence in them that I am creating a life of my choosing and happiness.
- 19.** And, I promise to always proudly represent the No Limits Nation and continue to inspire people to join me and become part of something great that will change our world now and in the future. I will reach out to friends to encourage them to become part of No Limits Nation and to encourage them to live a life of purpose and happiness.
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